



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

Detailed evaluation

Nyvang Kringelbach, Stefan

Club: FA Stillads
Number: 220

Course: 21.34 km
Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:16:59

Speed: 9.35 km/h
Running performance: 6:25 min/km

Rank in course/Total: 21 (of 62)

Rank in course/Men: 19 (of 51)

Best time in course: 1:34:46

Rank in category: 6(of 8)

Best time in the category: 1:50:55

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	3.47	20:24	5:52	4	2:00	15	5:52	3.47	20:24	5:52	8		22		
Runde	3.47	22:36	6:30	6	4:41	26	7:41	6.94	43:00	6:11	8	0:51	22		
Runde	3.47	21:13	6:06	2	3:07	13	5:40	10.41	1:04:13	6:10	7		46		
Runde	3.47	22:17	6:25	3	3:55	15	6:12	13.88	1:26:30	6:13	8		22		
Runde	3.47	24:48	7:08	6	6:08	24	8:08	17.35	1:51:18	6:24	8	1:24	21		
Runde	3.97	25:41	6:28	6	6:13	24	8:40	21.34	2:16:59	6:25	6	26:04	19	42:13	